

Beaumont Fire-Rescue Services

PERFORMANCE BENCHMARKS

402.13I – Arduous Work Capacity Test

Discipline: Wildland/Urban Interface FF

Effective: 8/5/2014

Revised:

Replaces:

Anne Huff, Fire Chief

I. Objective

The firefighter shall successfully complete the arduous work capacity test (WCT) in the allotted time.

II. Instructions – Procedures for Achieving the Objective

You will be required to walk three (3) miles wearing a 45-pound weighted vest. You will not be allowed to run at any time during the test. If you run you will be disqualified. If you fail to reach the 1.5 mile mark in 22.5 minutes or less, you will be disqualified. You must successfully complete the 3 mile walk in 45 minutes or less in order to pass the test. You will begin on my instruction to start. Time will start when I say, “Go.” The skill will end when you:

- Successfully complete the required 3 mile walk in 45 minutes or less, or
- Fail to reach the 1.5 mile mark in 22.5 minutes or less, or
- Voluntarily decide to stop the test.

Do you understand these instructions?

III. Examiner’s Note

The Firefighter will not be allowed to review the performance steps at the time of testing.

IV. Preparation & Equipment

- A. Suitable walking shoes
- B. Suitable exercise attire
- C. Stop watches (2)
- D. 45-pound weighted vest
- E. Traffic cones
- F. Medical kit
- G. Stand by rescue team with AED

V. Reference Sources

- A. National Wildfire Coordinating Group Work Capacity Test Publication
- B. USDA Forest Service Technology and Development Center
- C. National Wildfire Coordinating Group Safety and Health Working Team

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Name:	Officer #:
Evaluator:	Officer #:
Date:	Location:

If the firefighter:

(No partial points given)

- a) Successfully reaches 1.5 mile mark at 22.5 Minutes or less.....**P/F**____
b) Does not run during Arduous Pack Test.....**P/F** ____

Time Allocation

Completes skill in allotted time **P/F** ____

Allotted time for this skill: __45_ minutes

Actual time: _____ minutes ____ seconds

Note: Attach this page to the first.

Points Possible	Passing Score	Attempt	Performance Rating (Points)	PASS	FAIL
P/F	P/F	First			
		Second			